



# September 2012

Rose Barracks  
Military Post Vilseck 09112;  
Bldg 168;  
Opening hrs Mon-Fri  
0730-1630

**“Optimizing  
Health”**

All classes are free and require pre-registration.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day AWC Closed	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
30	<p><b>Services Offered</b> <b>Monday - Friday</b></p> <p>Metabolic Testing      Fitness Testing      Health Education</p>			

For further information please contact us at  
DSN: 476-4795 or CIV: 09662-83-4795

## **Services and Class Descriptions**

### **• FITNESS ASSESSMENT**

Qualified Health Educators interview clients to identify personal goals, conduct strength measurements, body fat analysis, a flexibility test, and a cardiovascular fitness assessment to develop an individualized exercise program for improved overall fitness.

### **• METABOLIC ANALYSIS**

A simple 10 minute test that measures a client's Resting Metabolic Rate and projects caloric needs for effective weight management.

### **• BIOFEEDBACK**

Measuring the body's level of coherence during relaxation techniques. Coherence levels are projected onto a monitor while the client rests in a massage chair.

### **• PRINCIPLES OF STRENGTH**

A class designed to help clients reach their fitness goals through resistance or weight training. Clients will have hands-on instruction in the Fitness Center.

### **• UPPING YOUR METABOLISM**

A class designed for participants of Metabolic Analysis, during which they receive their personal results and meal plan. Clients learn how food and exercise effect metabolism, dietary techniques to manage weight, and tips on increasing a slow metabolism.

### **• FINDING BALANCE**

A class designed to introduce techniques to reduce everyday stresses and the impact of negative emotions.